Claims

1. Matrix with a bioactive component containing phospholipid, characterized in that it contains 5 to 98 % by weight phosphatidyl serine (PS) and 1 to 90 % by weight phosphatidyl choline (PC) as the bioactive component and in addition 1 to 94 % by weight of at least one other component from the series of fat component of vegetable and/or animal origin, wax component, polyalcohol component and other physiologically compatible additives.

2. Matrix as claimed in claim 1, characterized in that the bioactive component contains 10 to 40 % by weight and particularly preferably 15 to 30 % by weight phosphatidyl serine.

3. Matrix as claimed in any one of claims 1 or 2, characterized in that the bioactive component contains 2.0 to 20 % by weight phosphatidyl choline.

4. Matrix as claimed in any one of claims 1 to 3, characterized in that it contains 10 to 70 % by weight and particularly preferably 20 to 50 % by weight of the fat component and/or 3 to 30 % by weight and particularly preferably 5 to 20 % by weight of the wax component and/or 1 to 30 % by weight and particularly preferably 2 to 20 % by weight of the polyalcohol component and/or 1 to 5 % by weight of other physiologically compatible additives.

5. Matrix as claimed in any one of claims 1 to 4, characterized in that it contains refined, hydrogenated and/or fractionated fats and in particular those that are rich in omega-3 and/or omega-6 fatty acids such as docosahexaenoic acid, arachidonic acid, eicosapentaenoic acid and conjugated linolenic acid, free fatty acids, in particular omega-3 and omega-6 fatty acids, bee wax, candellila wax, shellac, paraffin, monoglycerides or diglycerides, polyethylene glycol, polysorbate, polyglycerol esters, sugar esters, sorbitan esters, tocopherols and derivatives thereof, tocotrienols and derivatives thereof, polycosanols and derivatives thereof, vitamins such as vitamin C and E also in a derivatized form, amino acids in particular the essential, branched

and non-proteinogenic amino acids such as theanine, amino acid derivatives such as creatine, taurine, carnitine, phytosterols and derivatives thereof, (poly)phenolic compounds and derivatives thereof such as catechol, phenolic acids such as gallic acid, hydroxycinnamic acids, coumarins, (iso)flavonoids such as quercetin or genistein, lignans and lignins as well as tannin, saponins, mono-, sesqui- and di-terpenes, carotinoids such as beta-carotin, lutein or lycopin, glucosinolates, roughage such as non-starch polysaccharides, extracts of vegetable and/or animal origin, physiologically active proteins such as lactoferrin and glycomacropeptide, phospholipids and glycolipids such as sphingosine or (phyto)sphingomyelin and/or mineral components.

6.   Matrix as claimed in any one of claims 1 to 5, characterized in that it has a water-containing coat.

7.   Matrix as claimed in claim 6, characterized in that the coat has a water content of 1.0 to 10.0 % by weight based on the total coat.

8.   Matrix as claimed in any one of claims 6 or 7, characterized in that the coat is composed of gelatin, glycerol, sugar (alcohols), starch, polysaccharides and mixtures thereof.

9.   Matrix as claimed in claim 8, characterized in that the coat contains sorbitol as the sugar alcohol and carrageenans, alginates and/or pectins as the polysaccharide.

10.   Matrix as claimed in any one of claims 7 to 9, characterized in that the coat contains silicon dioxide, calcium carbonate, dyes that are suitable for foods, colour pigments and/or talcum as further additives.

11.   Matrix as claimed in any one of claims 1 to 9, characterized in that the weight ratio of coat to bioactive component is 1 : 0.25 to 10.0 and particularly preferably 1 : 1 to 5.0.

12. Matrix as claimed in any one of claims 1 to 11, characterized in that it has a total diameter of 0.3 to 20 mm.

13. Use of the matrix as claimed in any one of claims 1 to 12 to strengthen the ability to cope with mental or/and physical stress and functional capacity, to improve well-being, to promote or/and preserve health and to prevent elevated levels of serum cholesterol.